



Mental math is a handy tool in the kitchen. Often we want to change a recipe to make more or less. For example . . .

To make 4 loaves, how much of each ingredient do I need?

Dates?

$$4 \times 1\frac{1}{4} \text{ cups}$$

$$4 \times (1 + \frac{1}{4})$$

$$= 4 + 1 = 5 \text{ cups}$$

Water?

$$4 \times \frac{3}{4} = 3 \text{ cups}$$



DATE BREAD (1 loaf)

Dates, cut up	$1\frac{1}{4}$ cups
Boiling water	$\frac{3}{4}$ cup
Baking soda	1 tsp
Eggs	1
Brown sugar	$\frac{3}{4}$ cup
Salt	$\frac{3}{4}$ tsp
Vanilla	1 tsp
Flour	$1\frac{3}{4}$ cups
Baking powder	1 tsp
Chopped nuts	$\frac{1}{2}$ cup
Melted butter	$\frac{3}{8}$ cup

For mixed numbers, try multiplying in parts.

TRY THESE IN YOUR HEAD.

How much would you need of each ingredient?



4 loaves

8 loaves

16 loaves

	DATES	WATER	SODA	EGGS	SUGAR	SALT	VANILLA	FLOUR	B. POWDER	NUTS	BUTTER
4 loaves											
8 loaves											
16 loaves											

POWER BUILDER A

Vegetable Stir Fry
(serves 3 people)

- $\frac{3}{4}$ pounds of fresh shrimp
- $\frac{1}{4}$ cup sliced carrots
- $\frac{2}{3}$ cup chopped broccoli
- $1\frac{1}{2}$ T of finely diced onion
- $1\frac{1}{4}$ cups sliced squash
- $\frac{1}{2}$ cup mushrooms
- $2\frac{1}{3}$ tsp soy sauce
- 1 T cornstarch
- $\frac{1}{8}$ tsp garlic powder
- $2\frac{1}{2}$ T oil

Double the recipe.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

About how much
for 12 people?

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

**THINK IT
THROUGH**



Which is more: triple two-thirds or
double three-fourths?

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POWER BUILDER B

Trail Mix

- $\frac{1}{2}$ cup shredded coconut
- $\frac{2}{3}$ cup sunflower seeds
- $1\frac{1}{4}$ cups raisins
- $\frac{2}{3}$ cup pecans
- $\frac{1}{3}$ cup chopped walnuts
- $\frac{1}{2}$ cup peanut butter
- $\frac{3}{4}$ cup honey
- $2\frac{1}{3}$ cups oats
- $1\frac{1}{2}$ tsp vanilla
- $1\frac{1}{4}$ tsp cinnamon

Double the recipe.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Triple the recipe.

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

**THINK IT
THROUGH**



Which is more: triple two-fifths or
double three-eighths?

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